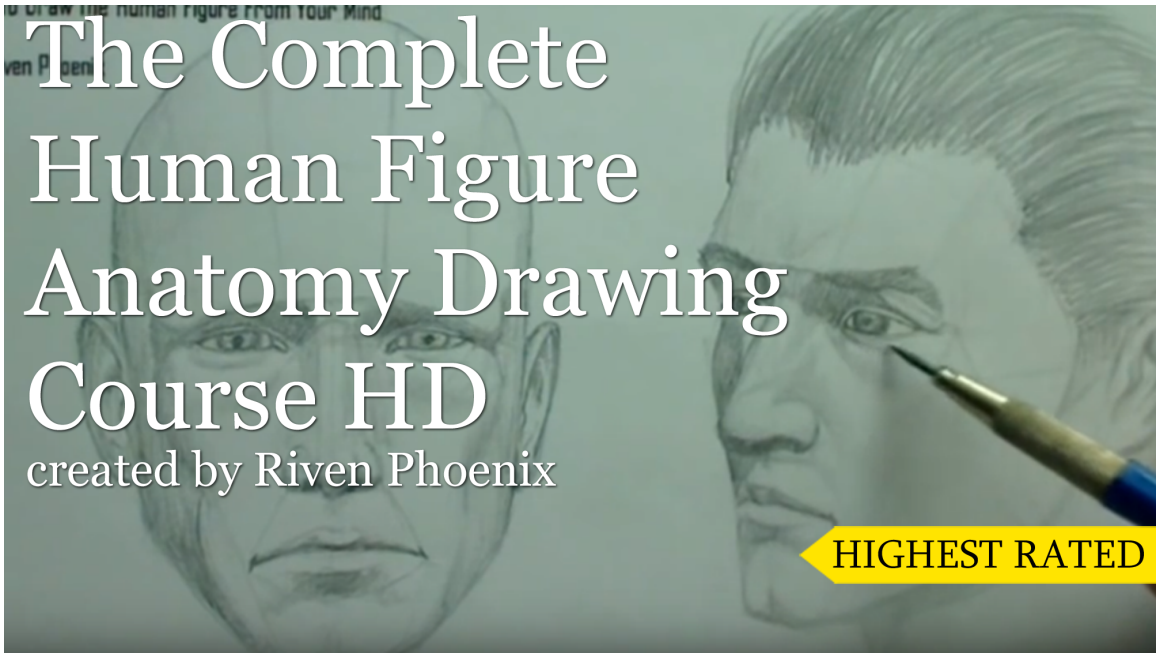

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 179 - The Muscles of the Foot - Part 1

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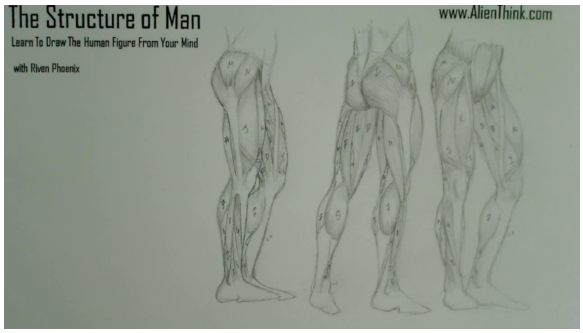
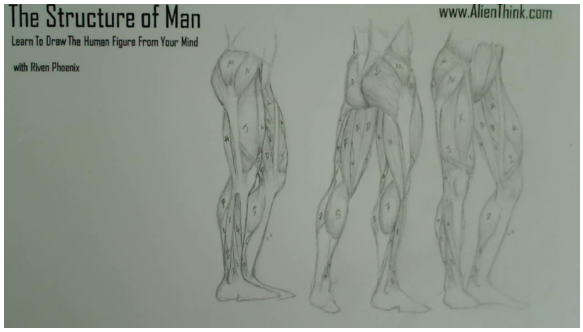
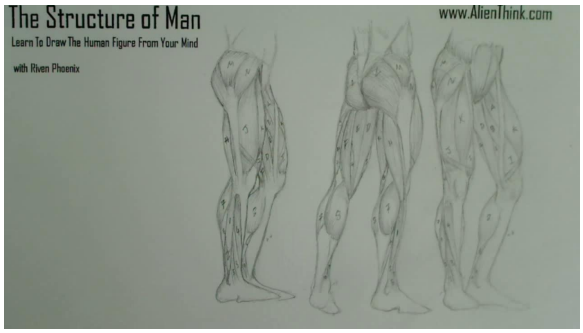
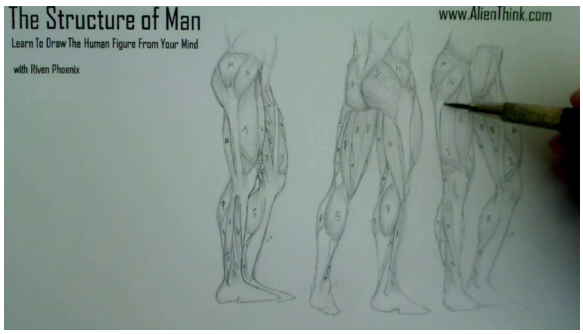
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man,
2		low-interdraw the human figure from your mind-training course.
3		Okay, so in the previous lesson here we can say that we have conceptually now fully understood
4		how the whole system of the leg muscles work, right?

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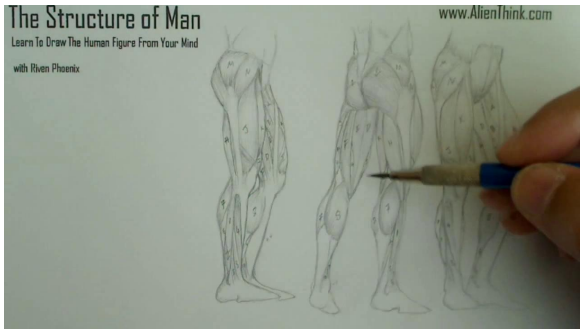
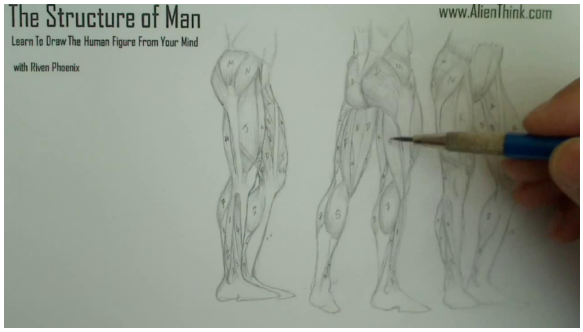
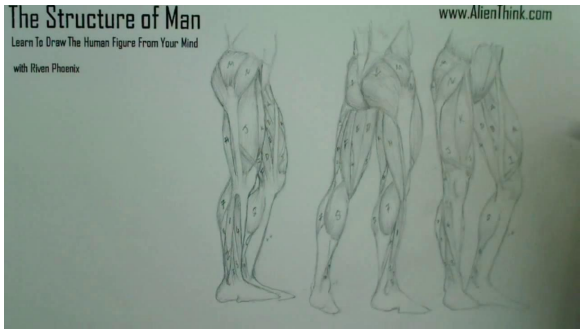
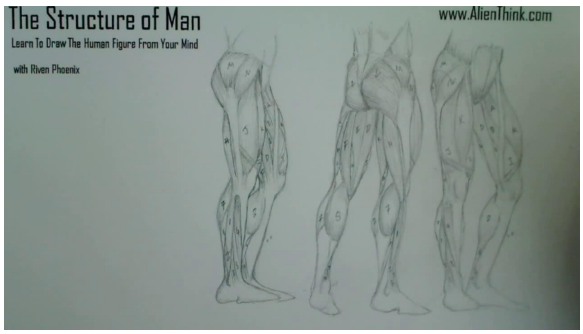
5		They're very easy to understand and you can try out different poses and see how the muscle
6		draper on, but you can see it's a very simple system of how things are put together, right?
7		So here we've now really state that we've conceptually mastered this idea of the legs, right?
8		So we're now very close to finishing up really coming to that conclusion of how far we've come

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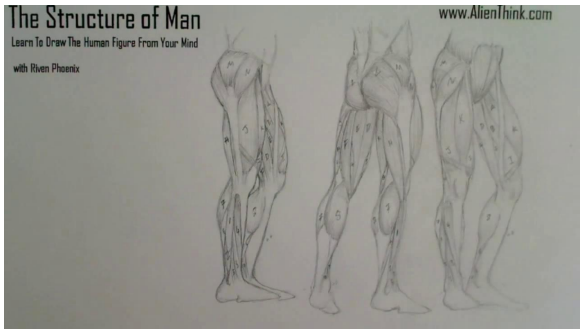
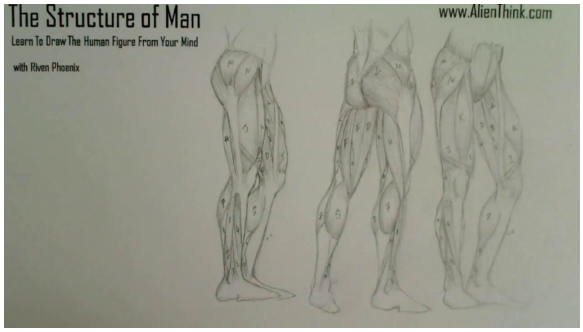
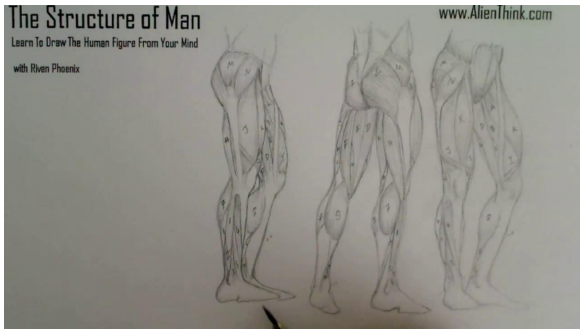
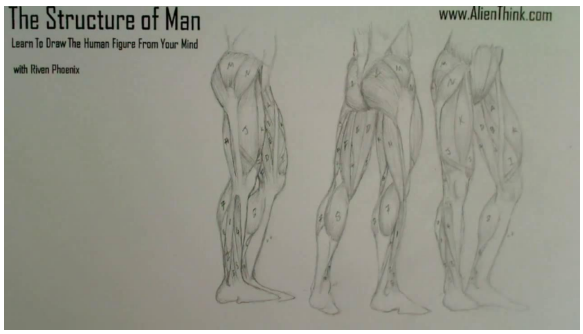
9		and figure drawing it and now we can really start to draw our figures really in any way that we want.
10		So really the only thing left is the foot.
11		So now we're going to look at the foot and then we're going to start to do our conclusion videos
12		where we're going to wrap up this journey.

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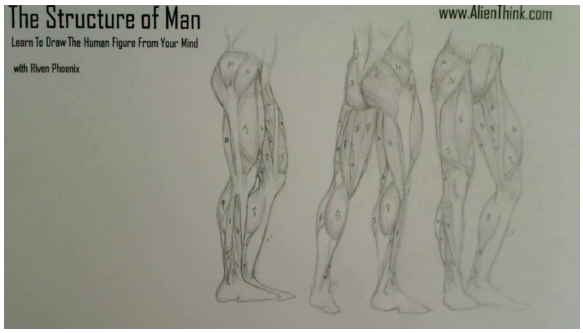
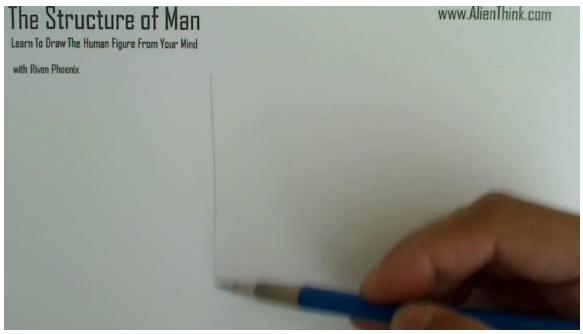
13		Okay, so what we need to do to understand the foot is basically the foot is going to be very simple to understand.
14		So we really just need to look at its structure.
15		So here I'm just going to draw out a line over here.
16		Okay, and I'm going to say that where I'm drawing this straight out now, right?

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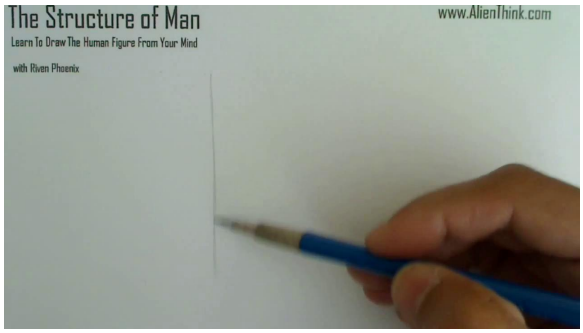
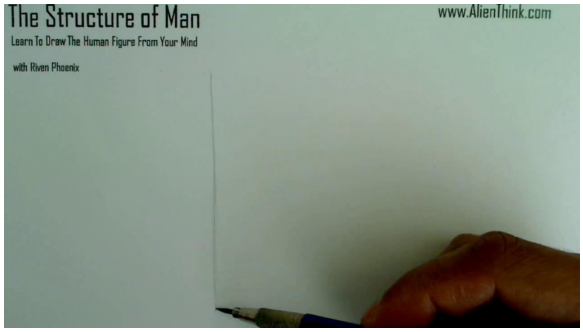
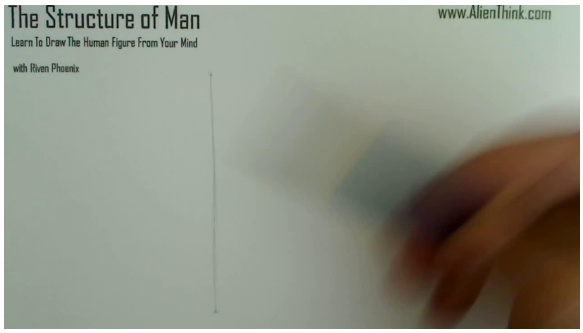
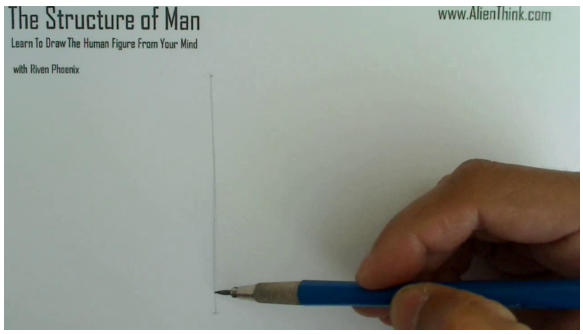
17		So the camera is just going to make it look a little bit on the angle.
18		So here I'm just going to actually mark the bottom of this and mark the top of this, right?
19		So this is the same thing that we went through.
20		Here we know that okay, let's say the chain is going to end here for the head

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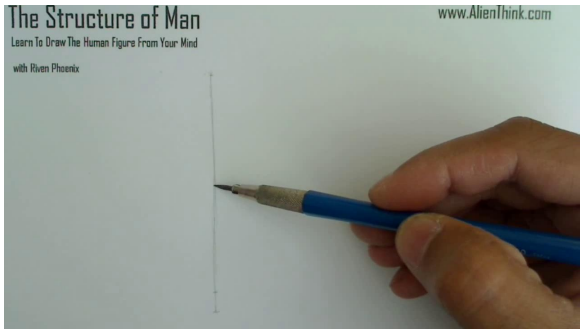
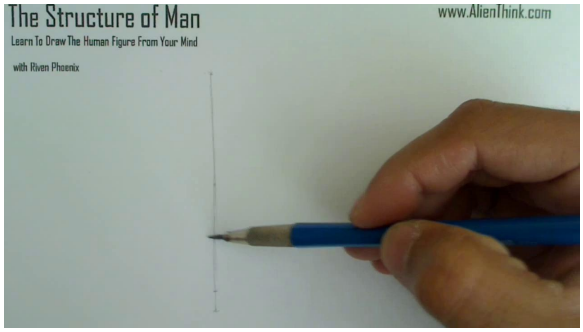
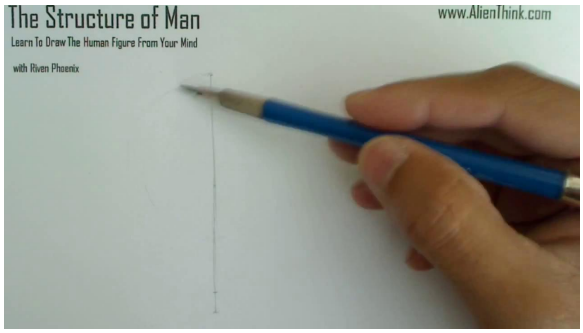
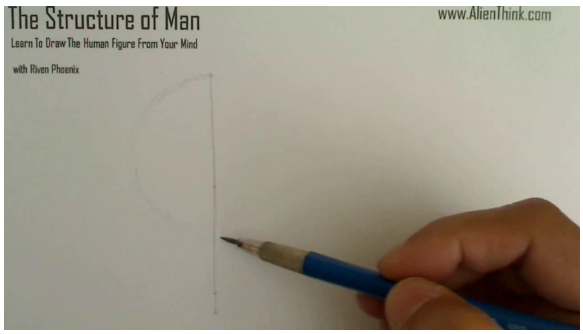
21		and basically we just need to find the head size over here.
22		Just to determine that okay, well, I mean if I was going to make this into, let's say,
23		a circle over here for the human head, right?
24		So let's say if we were drawing out the human head over here, we can just say that,

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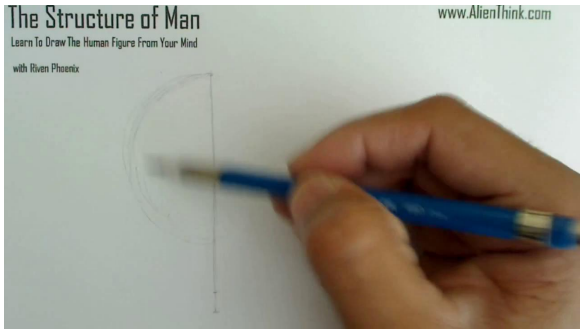
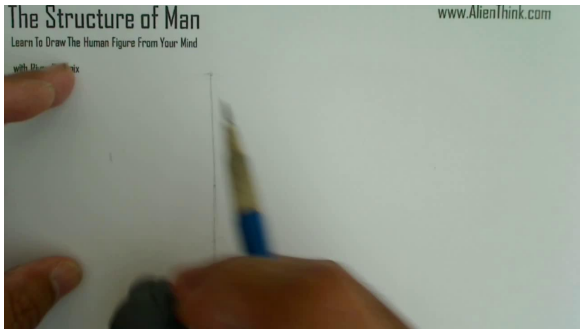
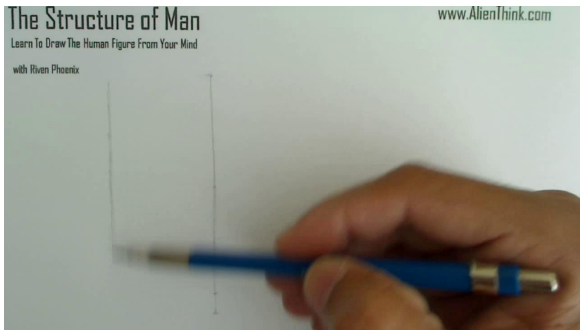
25		okay, you just come out a little bit from that point and you follow the width.
26		All right.
27		So once we get this, here I can just draw another line here going straight down,
28		just like this over here.

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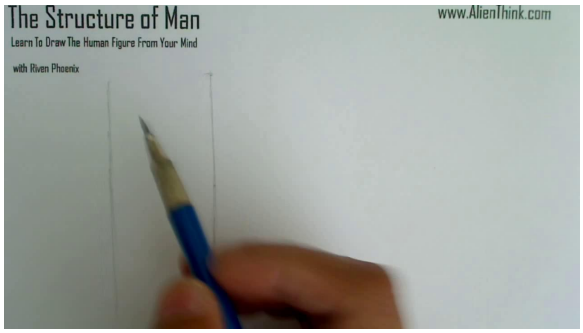
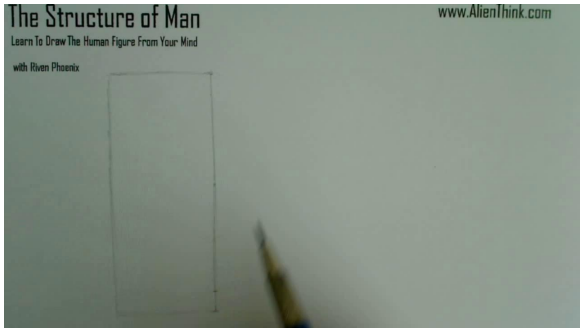
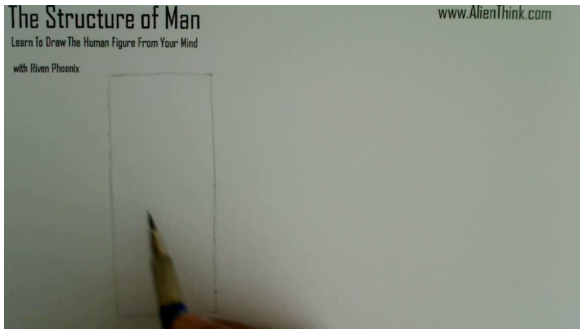
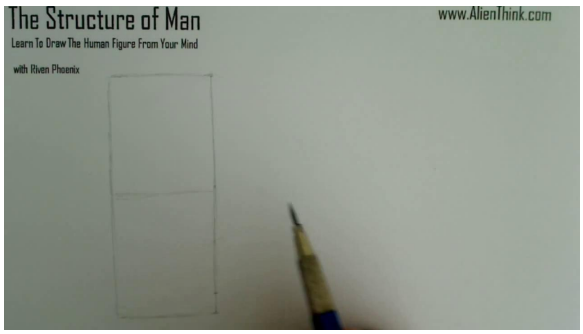
29		And then just close up this area over here like so.
30		All right, so this gives us the understanding that we need for the foot.
31		So here we can now just simply divide this, divide this in half like this, right?
32		Just divide it in half and then just put a straight line through here.

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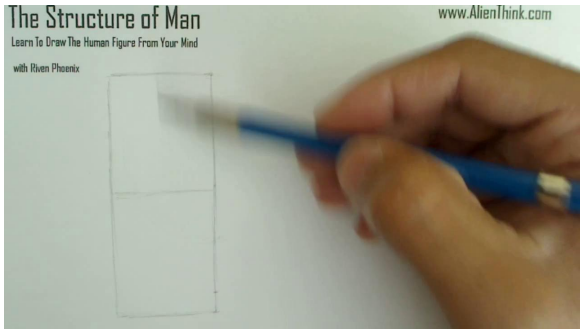
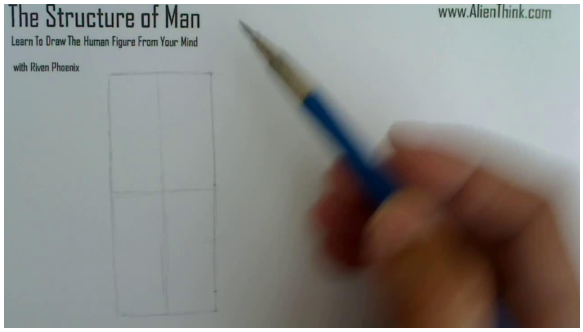
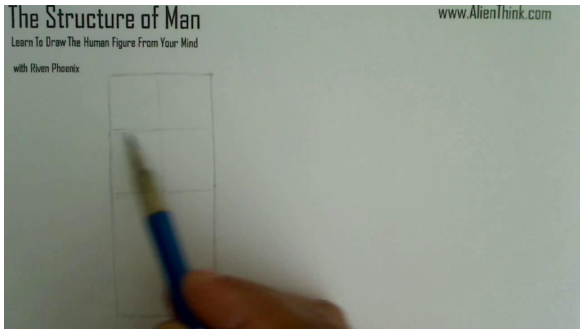
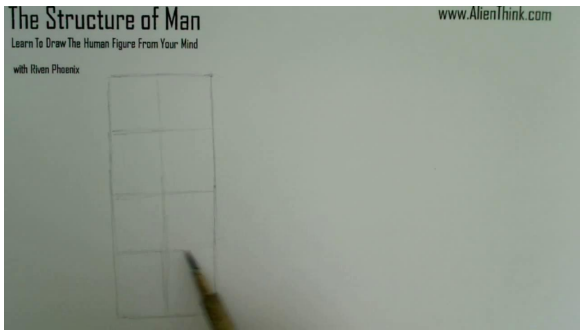
33		So first we're going to actually put down the whole structure of the foot just nicely as we can
34		so we can look at the muscles and they're surely not much to understand about the foot
35		because they're really aren't that much muscles on it, right?
36		It's just going to be all full of pulley systems and stuff.

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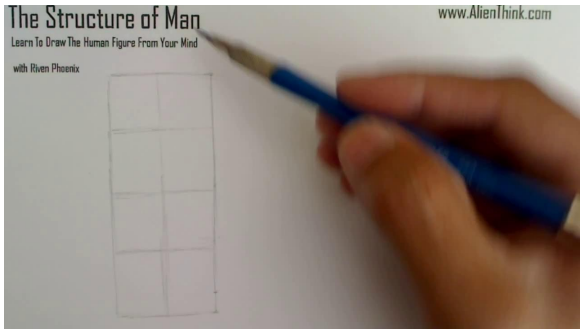
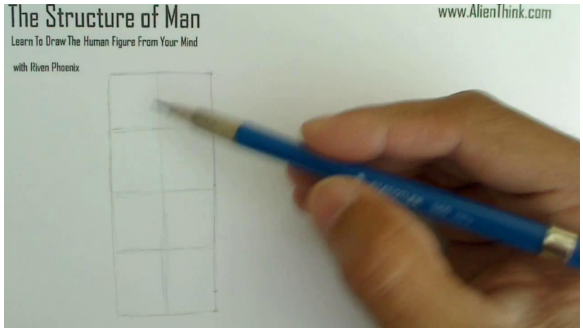
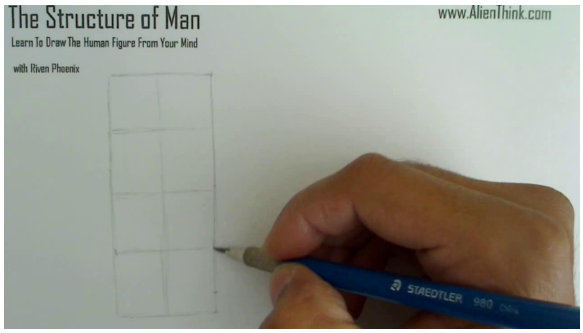
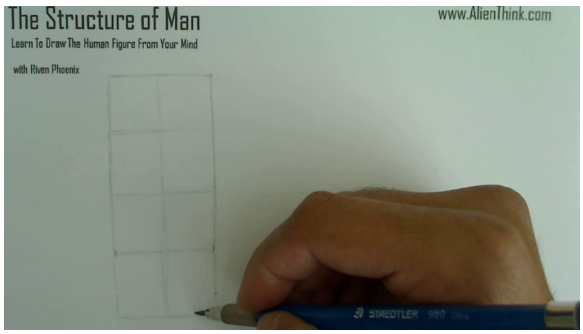
37		Okay, so we understand how to draw out the foot.
38		It's very easy. We said, right, you got to find, here I'm drawing the top of the right foot.
39		We find simply the nudge over here where we put this mark over here
40		and then we know okay where the center is, just come to the left.

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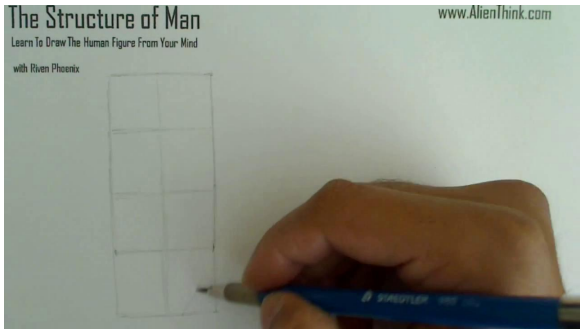
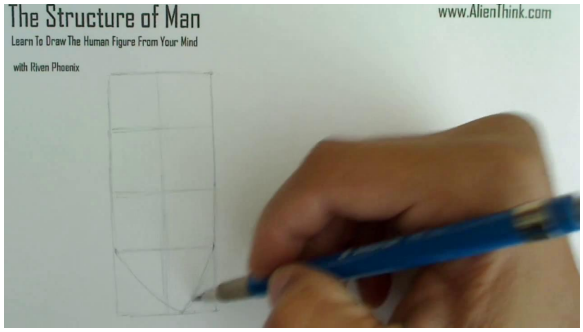
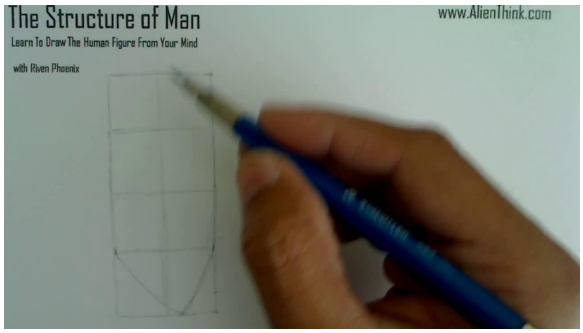
41		And basically this will give you the idea for the toe and you'll get a longer version over here
42		for this will be your toe over here and this will become where your small fingers are supposed to be.
43		So I'm drawing like a longer version of the foot over here.
44		So once that happens, we know that how this is going to work just find the center

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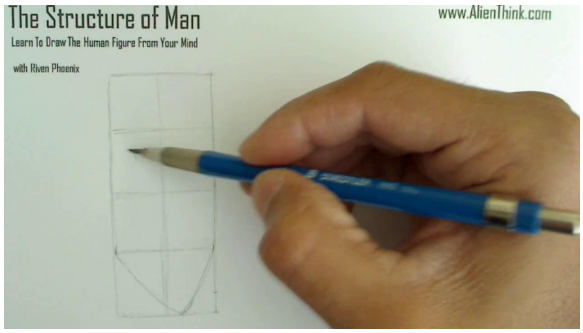
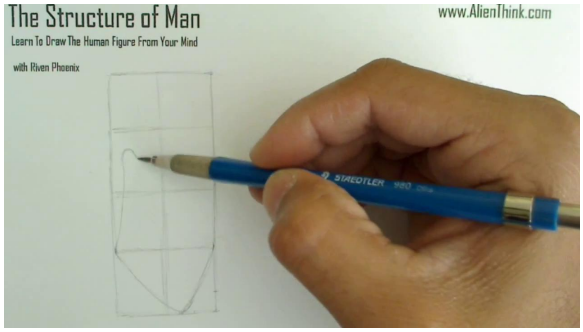
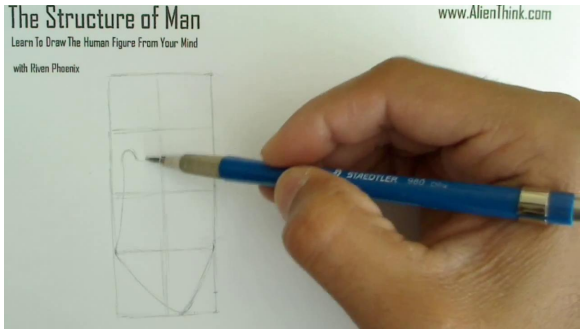
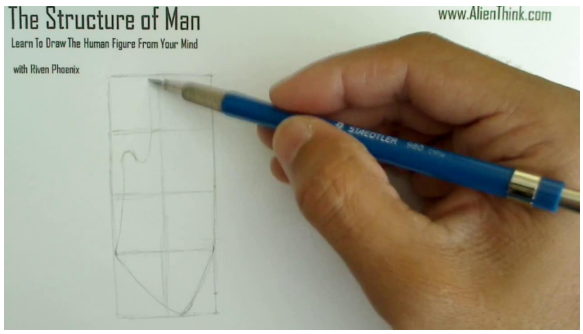
45		and just do a loop like this over here and all we have to do is just connect it.
46		So every once foot is just going to be different, right?
47		So now when I come back, right, it's just going to be close over here.
48		Right, so here I'm just showing you like if we draw out this variation of this

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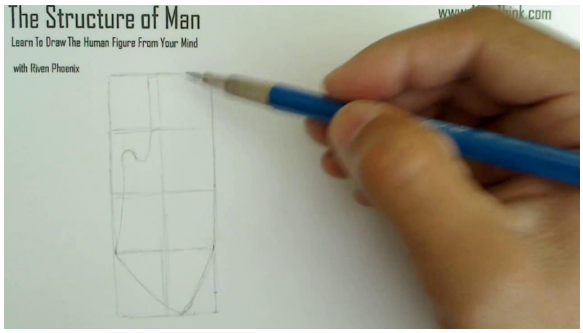
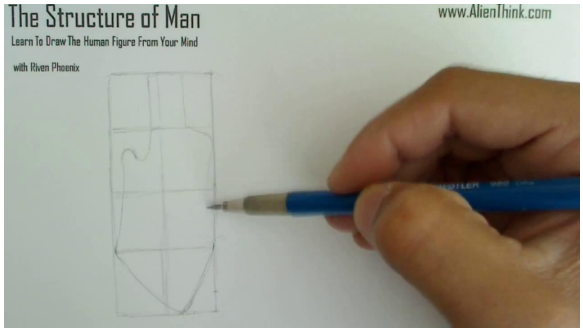
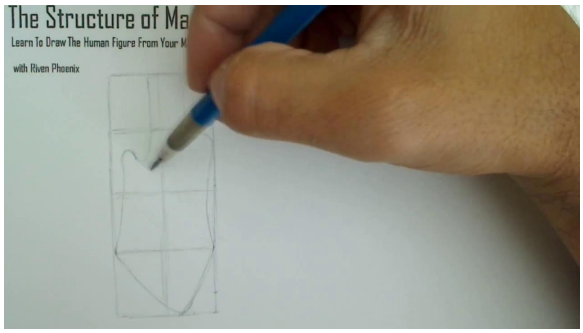
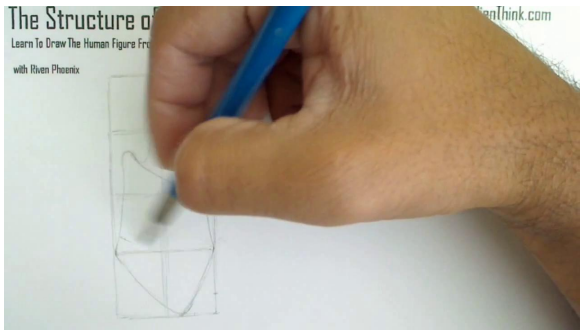
49		and really you can just come halfway here over here and that we know that we're just going to come back a little bit inside
50		and then we're going to make this curve like this, right?
51		And then from here we're going to get a curve over here and then from here,
52		which is going to get a curve from here and this gives us the basic understanding of the foot.

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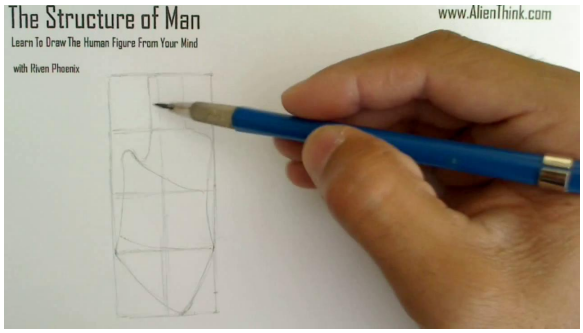
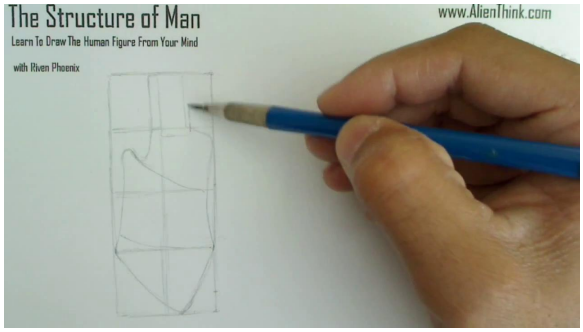
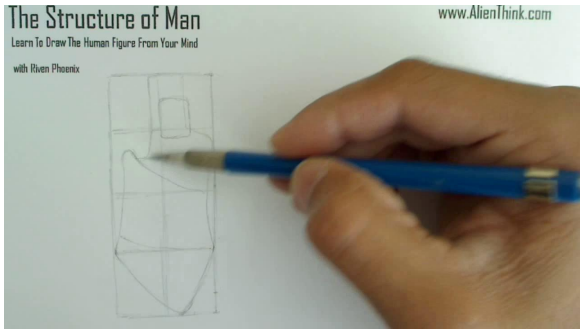
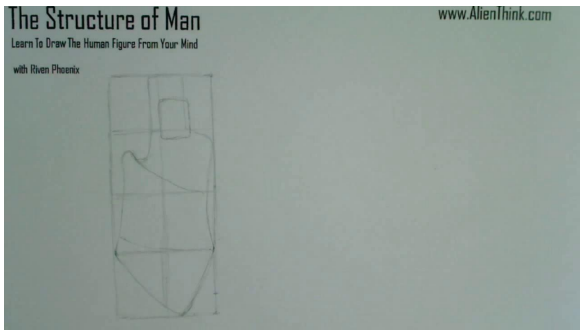
53		And everything beyond this is just very simple, which is going to come down a little bit over here
54		and basically just put this block of wood here saying that this is where the tibia is going to be connected on top.
55		Right, so that was very simple to put there.
56		So now we need to figure out the height of the foot, right?

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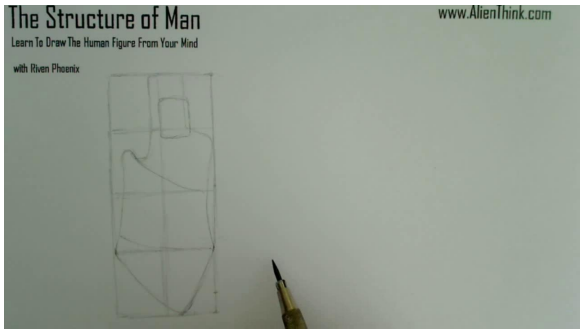
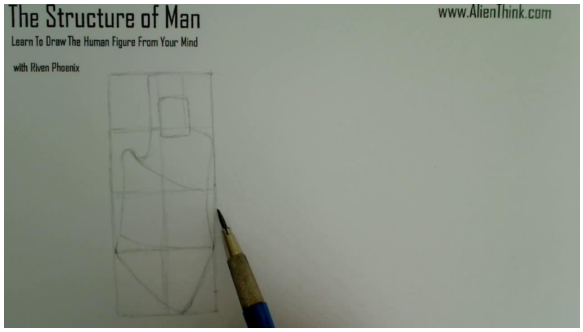
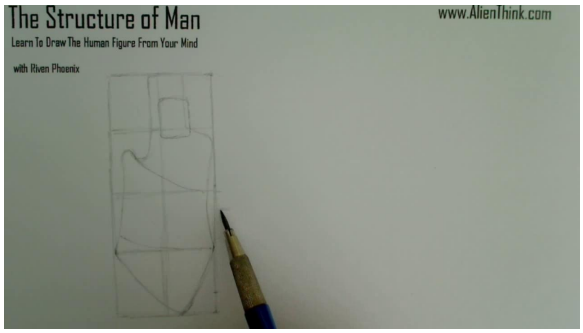
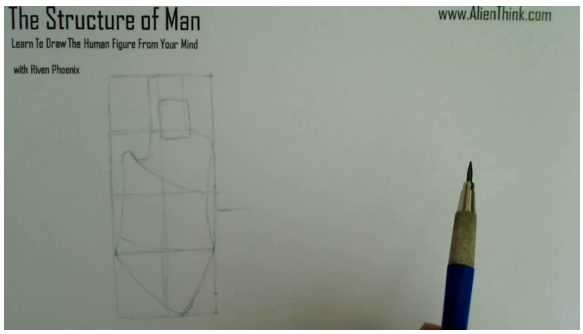
57		So to get the height, what we can do is really take, let's say over here,
58		here's the half, we're just going to come down.
59		That's why we originally stated that we're going to come down a bit over here on this line.
60		And then from here we know that the length is really going to be just about here, right?

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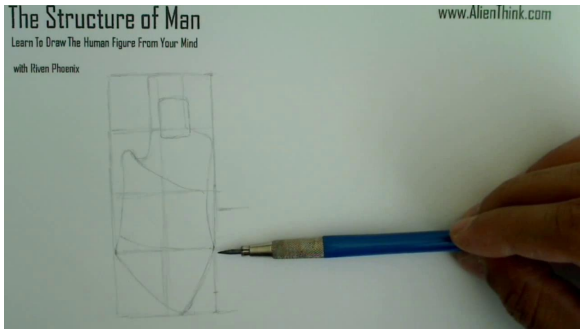
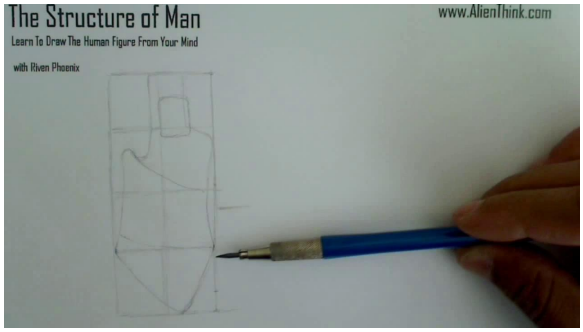
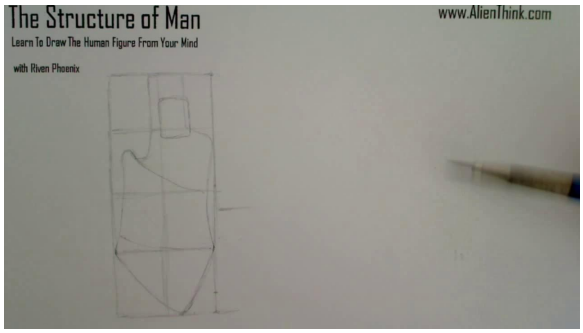
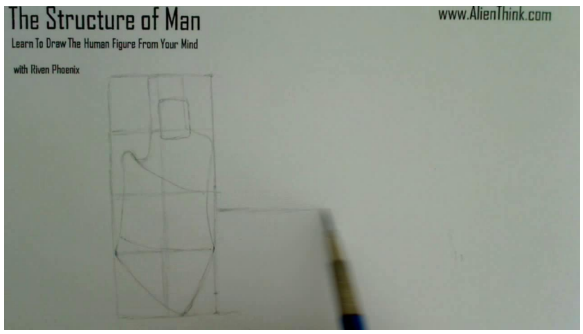
61		Just going to come back in a little bit.
62		Just going to measure that twice in here.
63		I'm just going to simply get this line over here for the foot.
64		So here I'm just going to draw out this straight line over here just like this.

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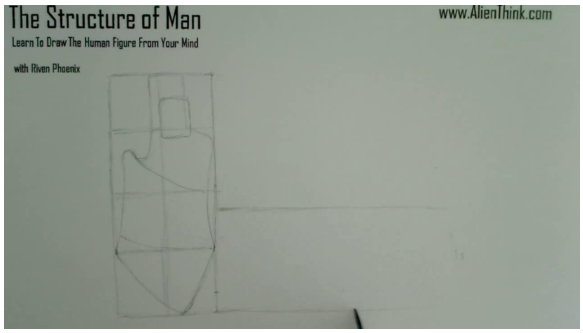
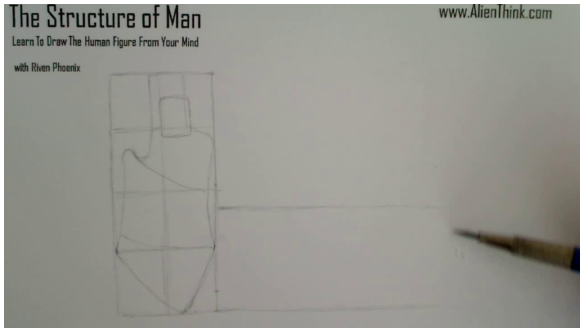
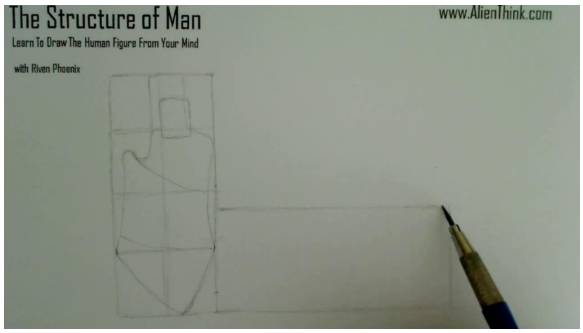
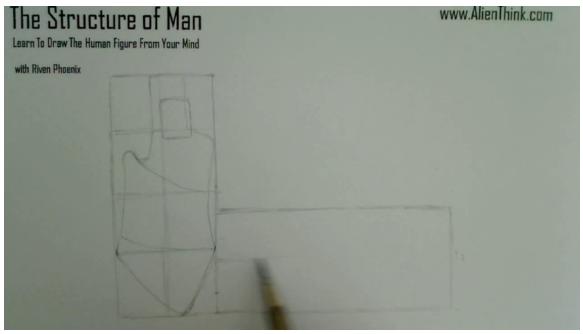
65		Okay.
66		And then just draw a cube over here like so.
67		So this will be the side of the foot, the outer version.
68		And here we can now simply just draw this out like this, turning in half,

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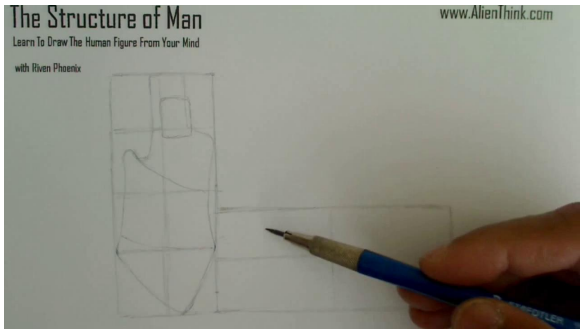
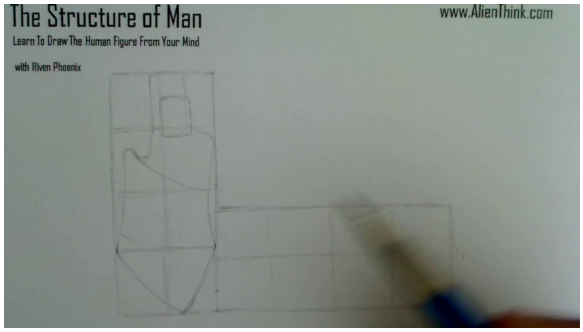
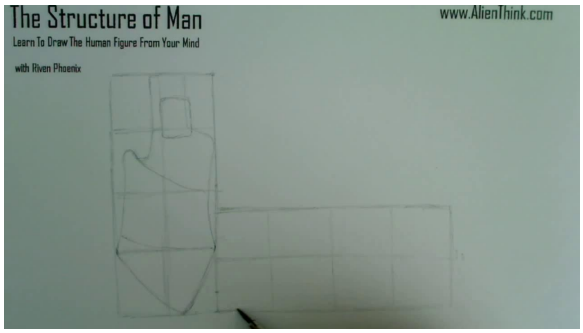
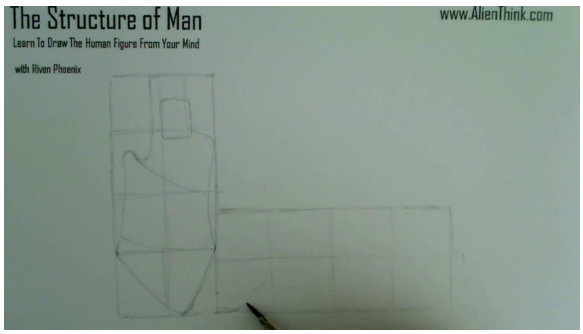
69		and just really just come up with your coordinates.
70		So this part is going to be easy.
71		We already know right from the heel.
72		It's just going to soup up over here and it's going to do the same thing for the outer part.

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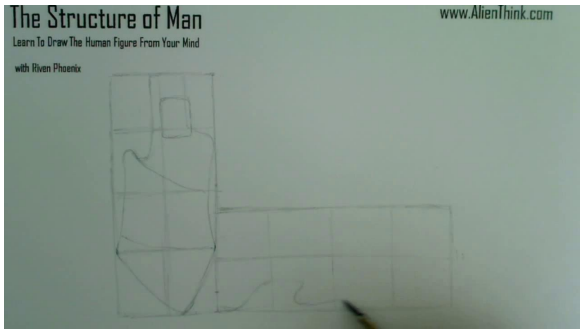
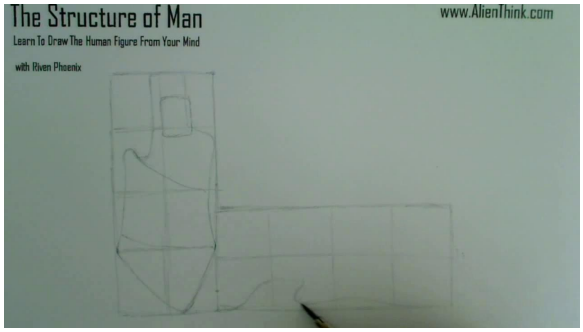
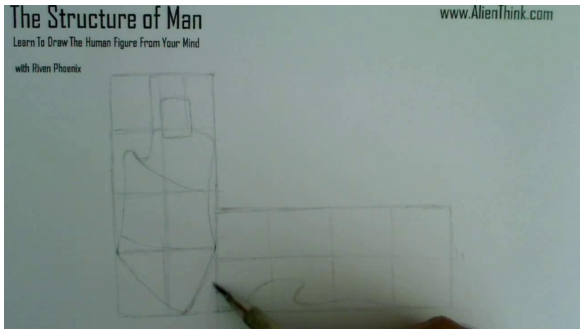
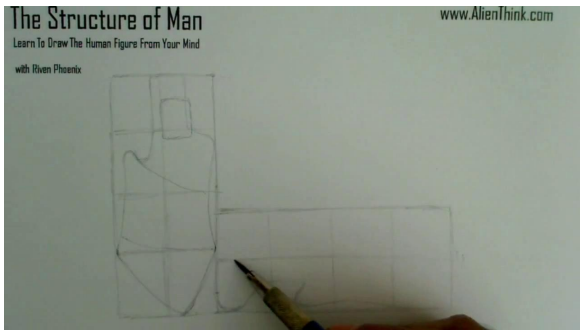
73		And he's just going to go back in, right?
74		You just have to be approximate with these ideas now.
75		Okay. And then you're going to get the heel over here.
76		He's going to go back up and then he's going to come around here just like this.

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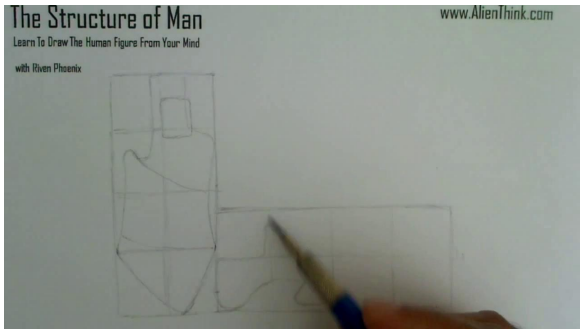
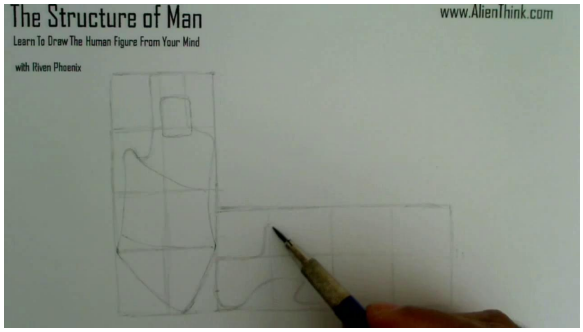
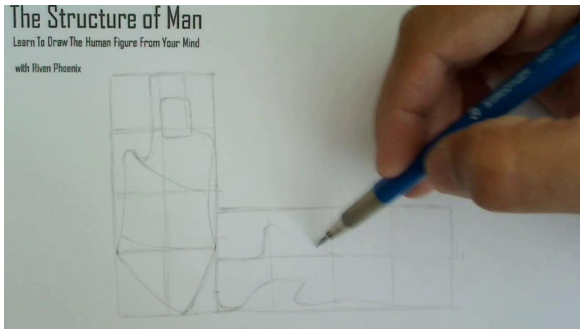
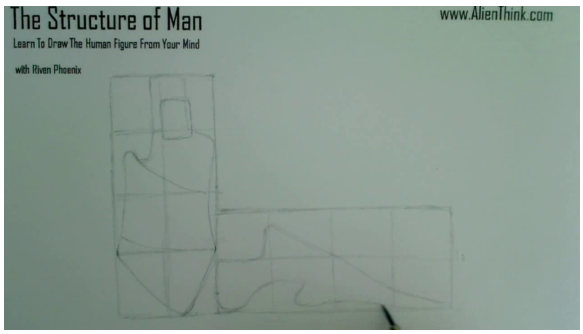
77		He's not going to go all the way on top, right?
78		He's just going to come over here and this is the key area to understand right smack in the middle.
79		You're just going to start to get him to start coming down and you're just going to get the foot like this.
80		Okay. So this is the outer of the foot.

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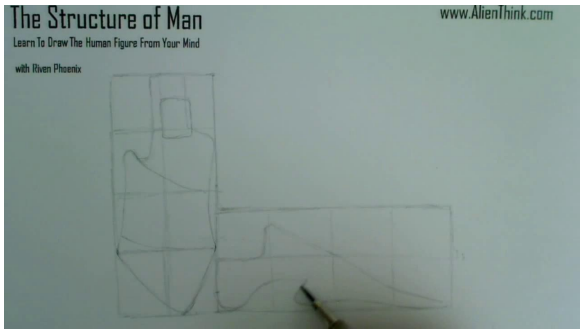
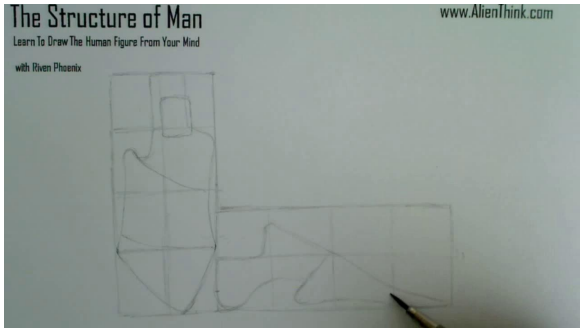
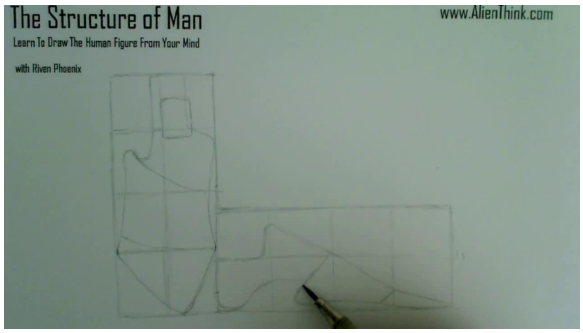
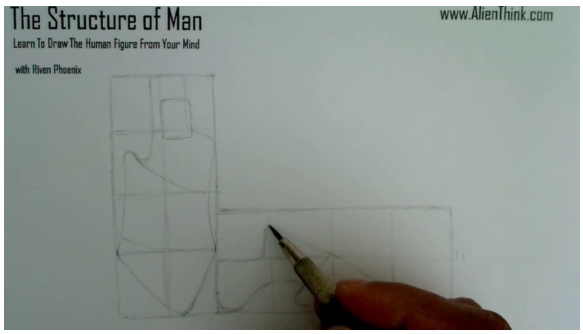
81		And then we said, right, just go back here with your line over here
82		and then from this end do the same thing on that.
83		So this gives us the outer.
84		And for the ball that joined over here where the TV will sit on top

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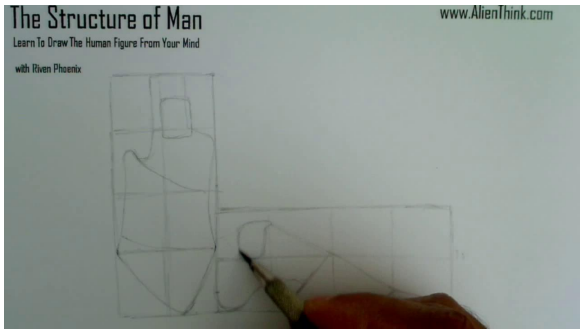
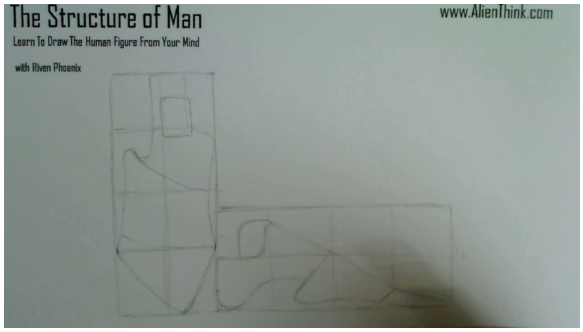
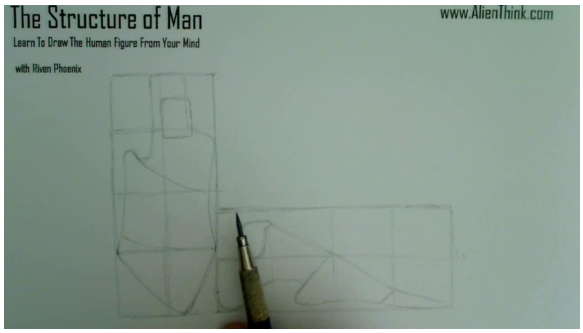
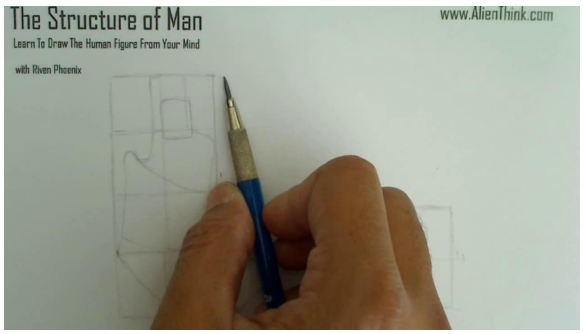
85		and where the fibula will be you just do this over here.
86		So this gives us a side.
87		So here I'm just going to actually do this over here on top.
88		Make sure I just get that on the top version.

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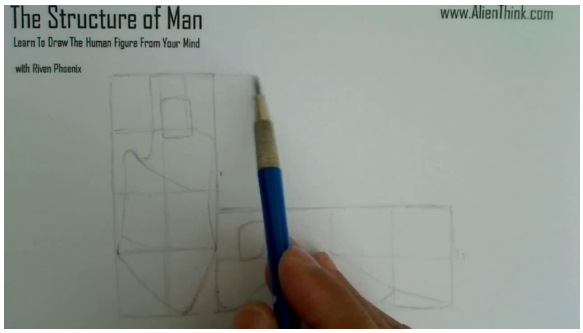
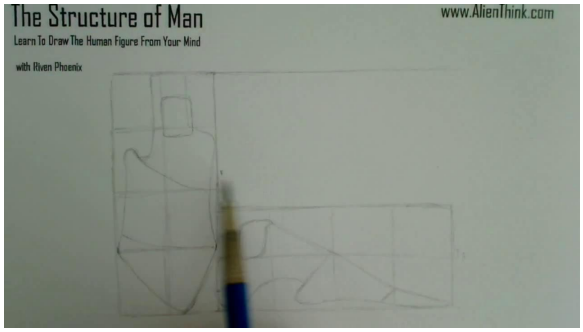
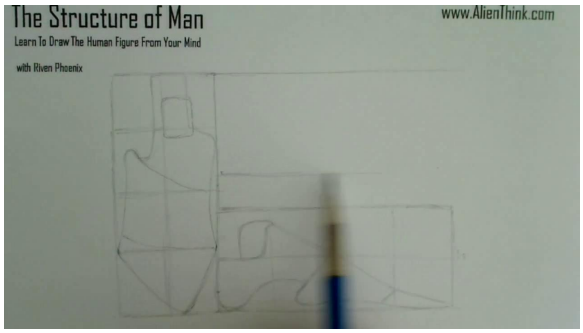
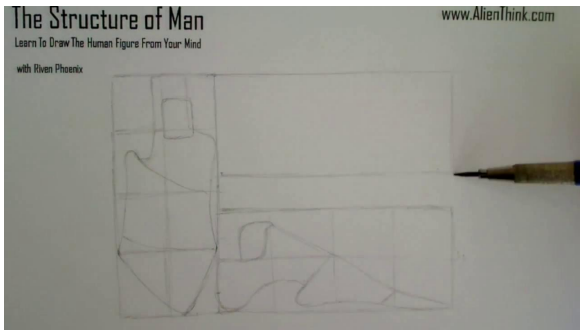
89		I'm just going to do a straight line over here, right?
90		And then do the same thing over here.
91		Just draw out a straight line just like this and just cut this off
92		and do the same exact thing, right?

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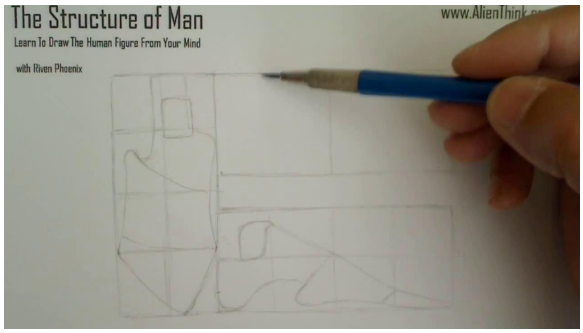
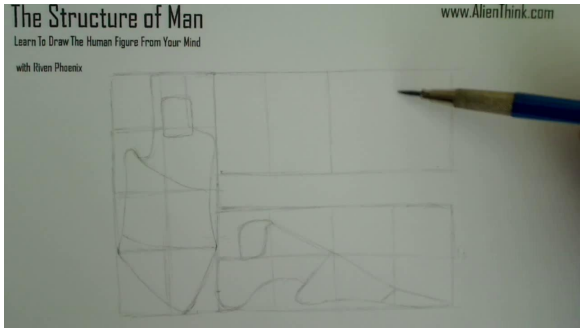
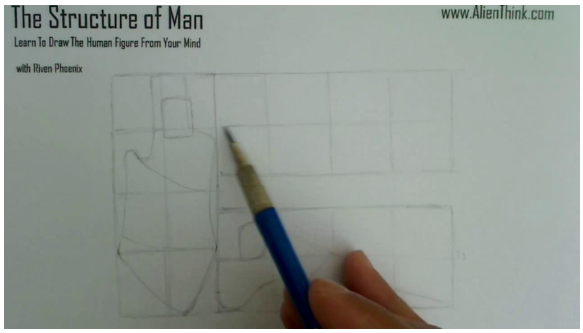
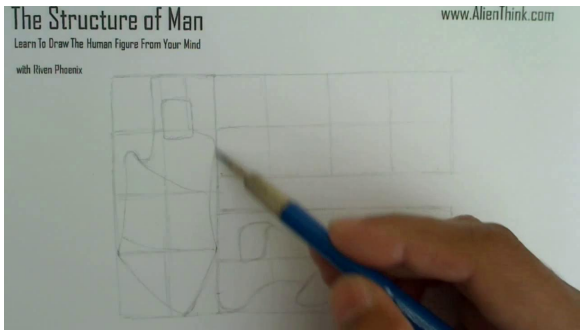
93		And we know that we can...
94		We've simplified it so much that we can really just draw out the same foot for outer or inner
95		and know it's just going to be the arc in the end.
96		So here I'm just going to draw this out like this simply really quickly

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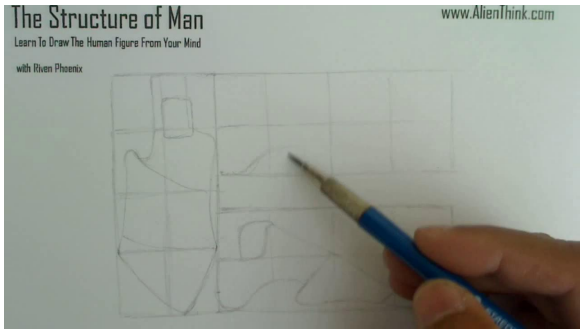
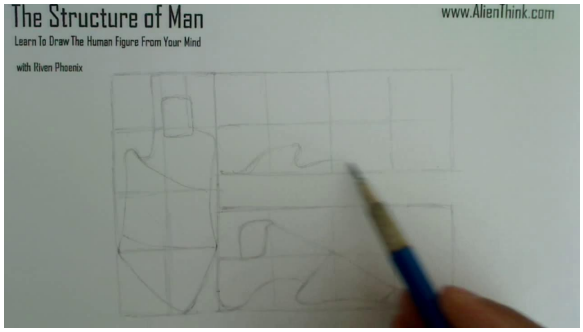
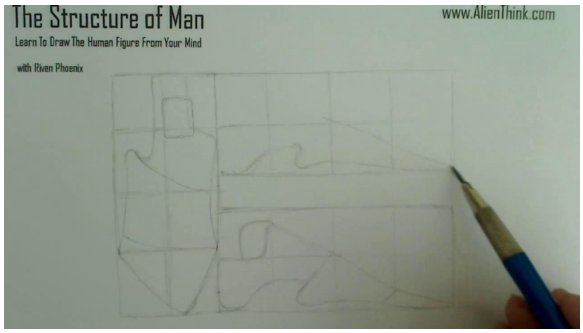
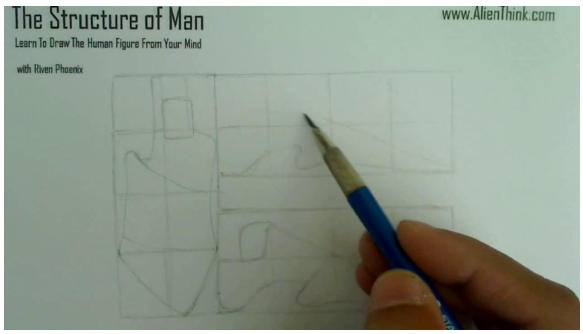
97		and do the same thing with that, with that arc
98		and then just come down over here, right?
99		Just like this.
100		Then over here when we come we're just going to say that actually he's actually going to

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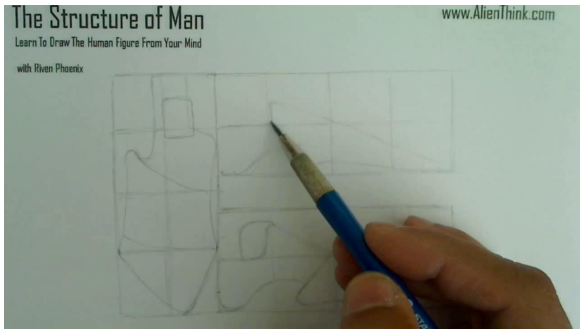
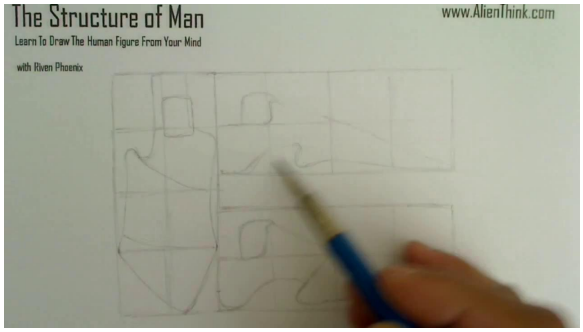
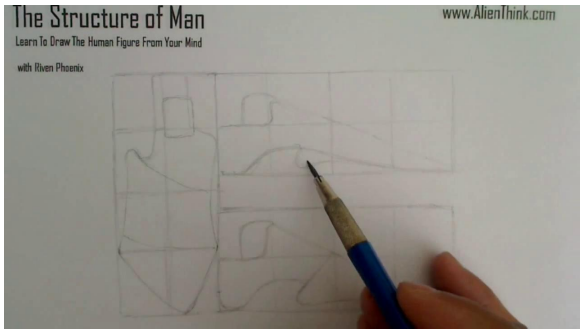
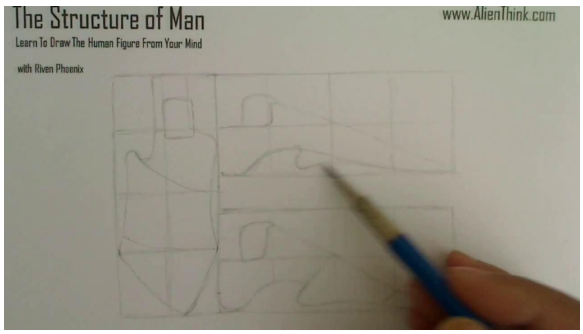
101		be coming more like this over here and he's going to just go like this.
102		Okay, and then from here we're just going to get this arc that is going to go sweep down
103		because this is now on the other side, right?
104		So it curves, the foot is going to curve, right?

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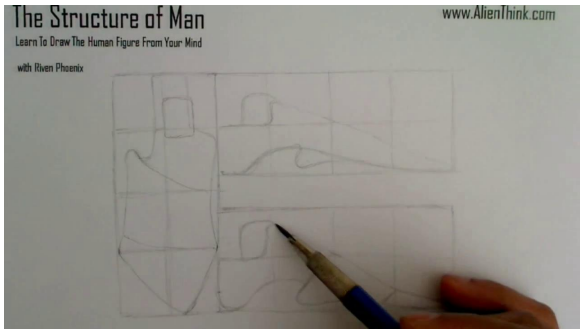
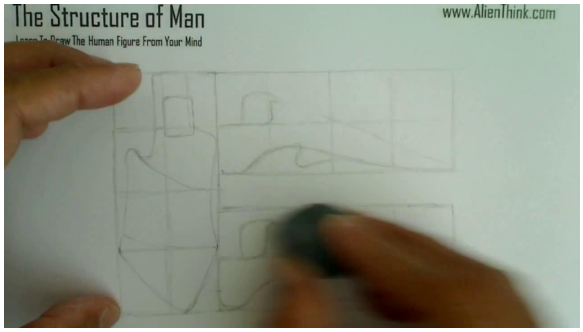
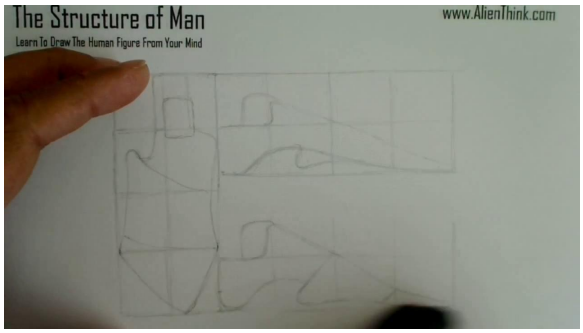
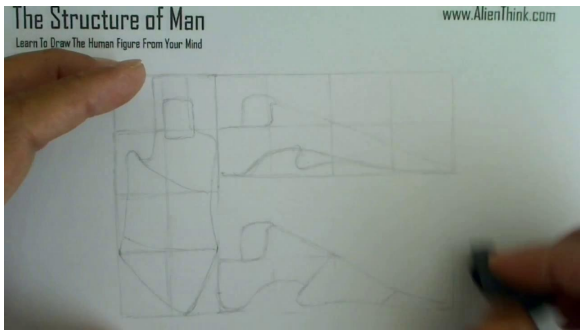
105		So just like the how the palm of the hand works, we're going to do the same thing with the foot.
106		So all we have to do is now clean up our ideas over here
107		and start to look at this in much more detail to what's going on.
108		So again, our thinking is going to be required when you're drawing out the foot

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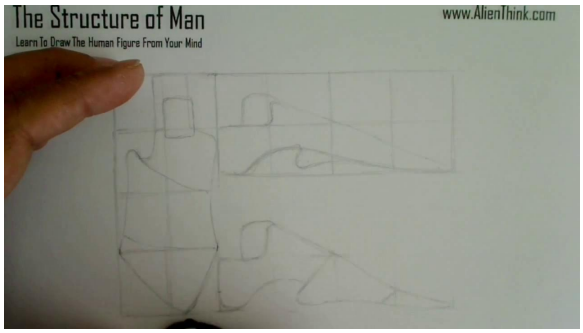
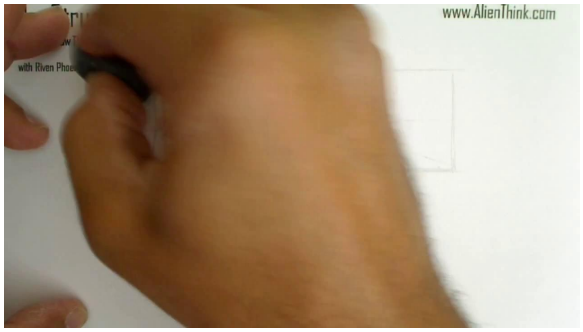
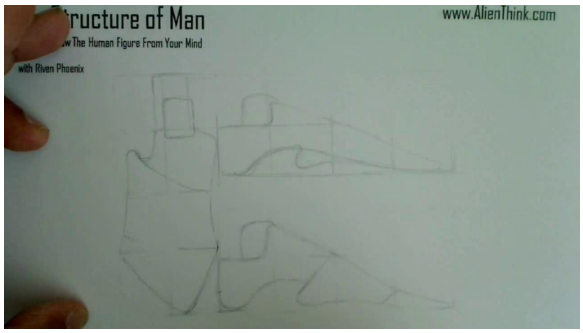
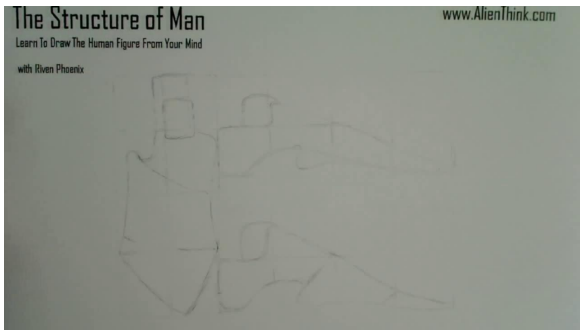
109		because that's the most oddest guy in the body that we've invented.
110		But it's going to be simple for us once you understand what's going on with the anatomy.
111		Okay, so here we just have to simply clean up these concepts here.
112		Okay, so I'm just going to do a nicer version of this over here.

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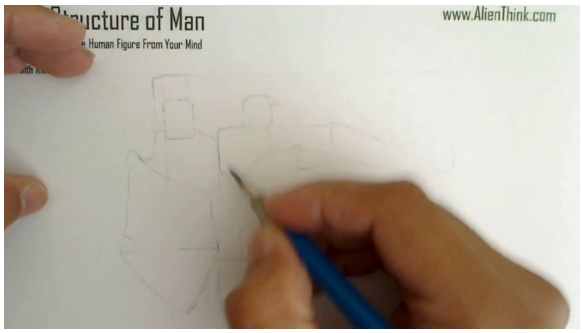
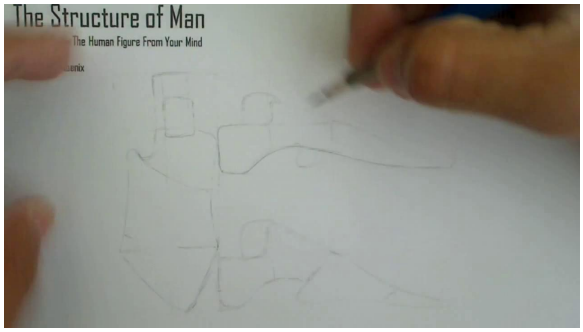
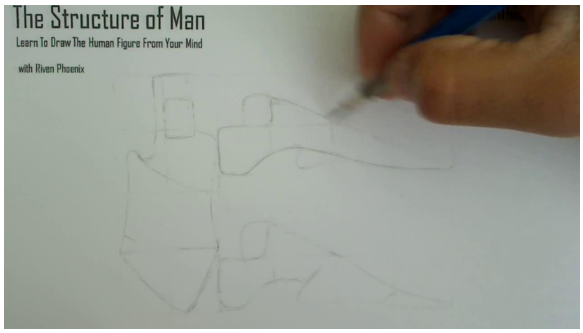
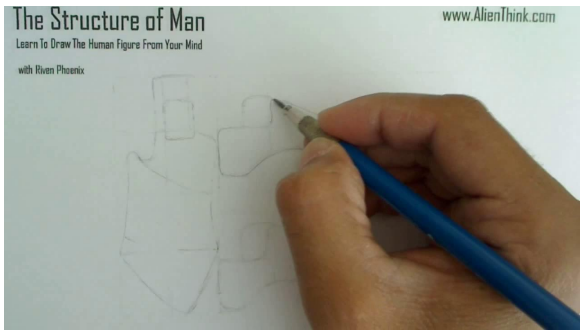
113		Just do the heel and make it go here on a curve like this.
114		Then here from the top, go up a little bit more.
115		I know this key area here that he comes down and he's just going to come down like this over here.
116		Right, and then we're going to get this over here and from the other side,

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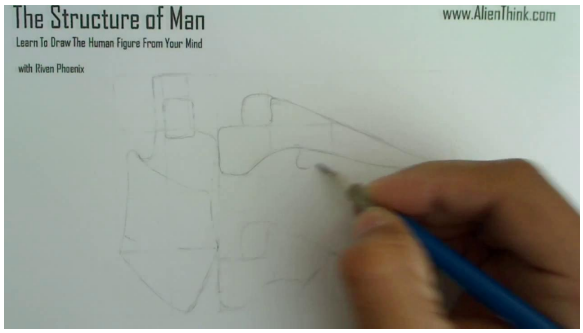
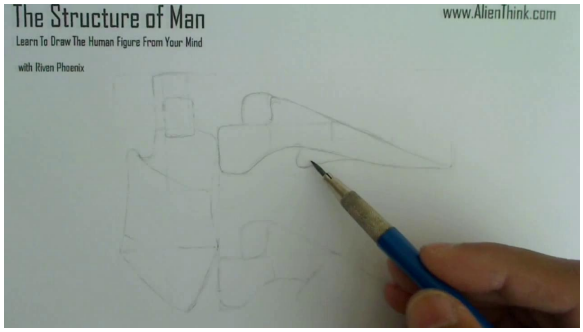
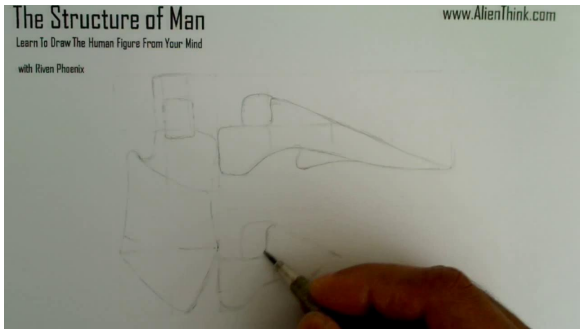
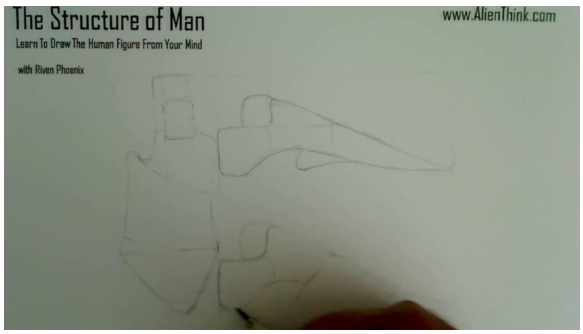
117		we're going to get this guy and he's going to be really more darker,
118		but we're going to leave him in the way he is.
119		And over here, I'm just going to draw this out like this.
120		Again, right, so drawing out the foot is really going to come down to understanding it

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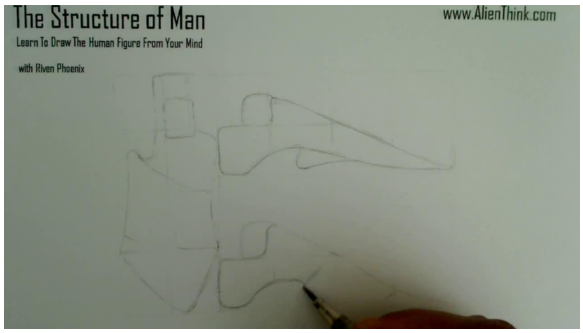
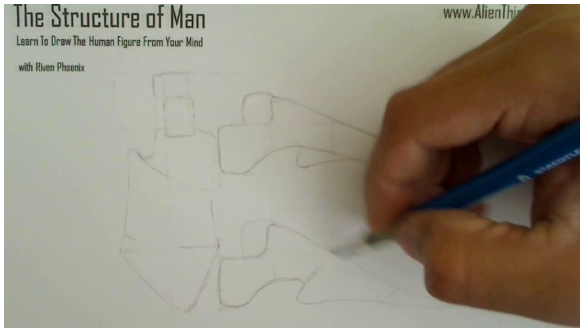
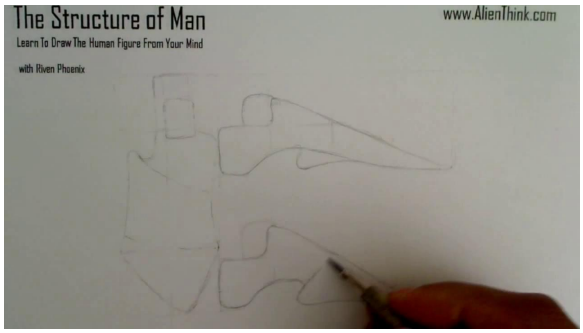
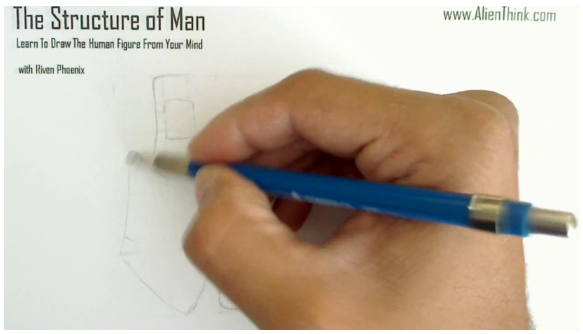
121		in the basic system that we had developed and just drawing it 3D with the cube.
122		Just start out with the cube and just imagine what you're doing and it just solves itself.
123		So now understanding of muscles is really just going to put all these ideas together.
124		Right, so here, simply just clean this up over here like this.

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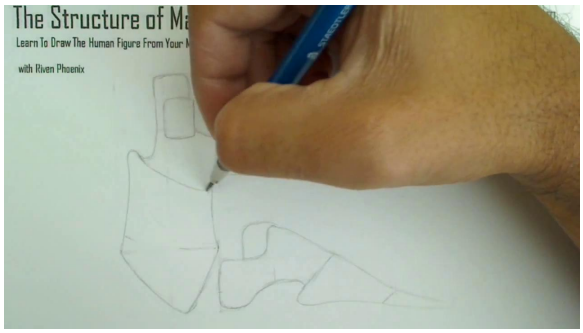
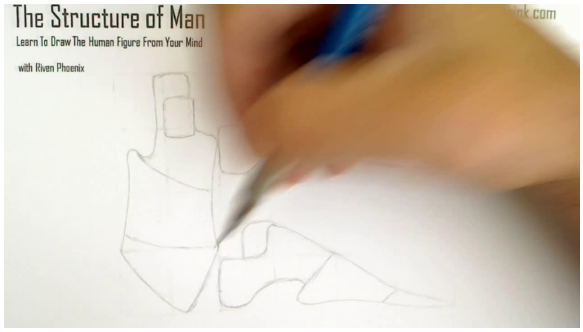
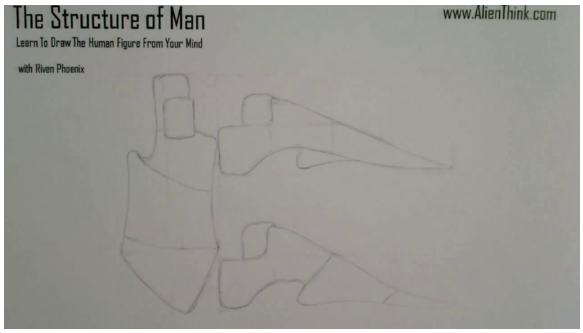
125		And this line comes here, this line comes here.
126		Okay, so I'll see you in the next lesson.
127		Thanks.

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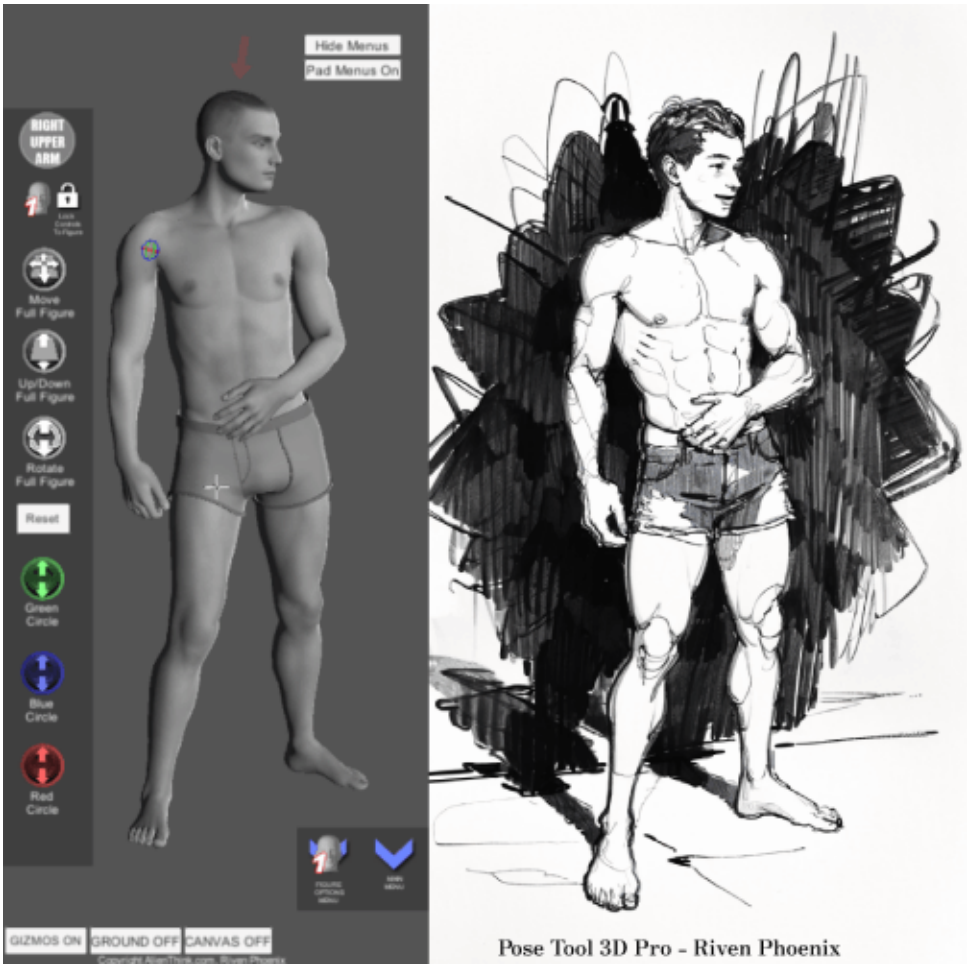

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